

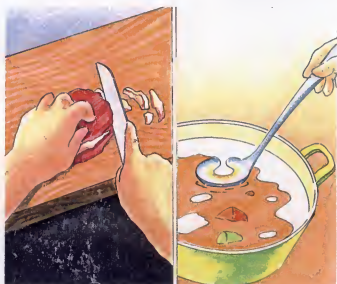
Cooking the Healthy Way!

Here's How:

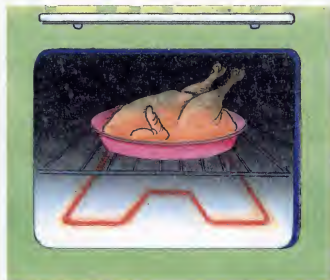
Steam foods.



Remove fat.



Roast foods.



Use only 1 teaspoon of oil.



Which of these things will you do to eat less fat?



- ☐ Steam foods
- ☐ Roast foods

- ☐ Remove fat
- ☐ Use only 1 teaspoon of oil per person per meal

Chinese-English Cookbook



Filipino/Chinese

"Cooking the Healthy Way" Tipsheet

Reading Grade Level: 1

Dimensions: 8.5" x 11"

NATIONAL
CANCER
INSTITUTE